



Basketball



Soccer

LEVEL 1

Ages 6–7 Introduction to basic movements.

Through fun activities, kids will learn:

- Basic techniques
- Dribbling
- Passing

Ages 8–9 Introduction to basic motor skills.

Through fun activities, kids will learn:

- Basic techniques
- Layups
- Shooting

Ages 10–11 Introduction to sports skills.

Through fun activities and modified games, kids will learn:

- Basic techniques
- Dribbling
- Layups
- Shooting

LEVEL 2

Ages 6–7 Development of basic motor and sports skills.

Through games and game scenarios, kids will learn:

- Basic techniques
- Dribbling
- Passing
- Moving with the ball

Ages 8–9 Development of basic motor skills.

Through games and game scenarios, kids will learn:

- Basic techniques
- Footwork
- Layups
- Passing

Ages 10–11 Development of basic motor skills.

Through games and game scenarios, kids will learn:

- Basic techniques
- Dribbling variations
- Passing variations
- Layup variations

LEVEL 1

Ages 6–7 Introduction to basic movements.

Through fun activities, kids will learn:

- Basic techniques
- Controlling the ball
- Kicking over a short distance

Ages 8–9 Introduction to basic motor skills.

Through fun activities, kids will learn:

- Basic techniques
- Dribbling the ball between obstacles
- Ground passing

Ages 10–11 Introduction to sports skills.

Through fun activities and matches, kids will learn:

- Basic techniques
- Various footwork techniques (feints, offensive techniques)

LEVEL 2

Ages 6–7 Development of basic motor and sports skills.

Through matches and match scenarios, kids will learn:

- Basic techniques
- Dribbling the ball
- Kicking over a long distance

Ages 8–9 Development of basic motor skills.

Through matches and match scenarios, kids will learn:

- Basic techniques
- Shooting on the net
- Passing in the air

Ages 10–11 Development of basic motor skills.

Through matches and match scenarios, kids will learn:

- Basic techniques
- Volley kicks
- Defensive techniques

Note: Children's fitness classes vary depending on the centre. Not all courses are available at all YMCA centres. For a list of available courses, please check with your centre.



Introduction to Sports

Ages 3-5

Introduction to various social and motor skills.

Fun learning activities including:

- Agility courses
- Gym activities
- Touch-and-go and cooperative games



Multisport

Ages 6-7

Development of various motor skills.

Fun activities to learn about:

- Volleyball
- Pickleball
- Floor hockey

Ages 8-9

Development of various motor skills.

Educational activities and games to learn about:

- Volleyball
- Pickleball
- Floor hockey

Ages 10-11

Development of various sports skills.

Educational activities and games to learn about:

- Volleyball
- Pickleball
- Floor hockey
- Shooting on net



Badminton

Ages 6-7

Development of basic motor skills.

Through fun activities, kids will learn:

- Basic techniques to hit the shuttlecock
- Positioning
- Movement in singles play

Ages 8-9

Development of basic motor skills.

Through educational activities and games, kids will learn:

- Different shot techniques
- Positioning
- Movement in doubles play

Prerequisites for this level: ability to hit the shuttlecock with ease.

Ages 10-11

Development of motor skills and tactics.

Through educational activities, kids will learn:

- Different shot techniques
- Different movements on the court

Prerequisites for this level: ability to hit the shuttlecock with ease.

Parkour

Ages 9-11

Inspiring kids to lead healthy, active lifestyles and develop motor skills and strength.

Fun activities that teach them how to:

- Move using every part of their body
- Improve their motor skills
- Promote healthy growth



Hip-Hop

Ages 6–11

Introduction to a variety of basic moves.

Through fun activities, kids will learn:

- Basic techniques
- To move and dance
- Balance
- Expression through artistic gestures



Martial Arts

Ages 6–11

Development of strength and confidence.

Through fun activities, kids will discover:

- Karate
- Kickboxing
- Tai Chi Chuan
- Self-defence techniques



Yoga

Ages 6–11

Work on opening up the body, flexibility, and muscle strength.

Through a sequence of poses (sitting, standing, reclining), kids will learn:

- To express themselves more freely
- Body awareness
- Social skills

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